

THE ROOT CONNECTION PO Box 267 Woodinville Wa 98072

www.rootconnection.net

(425) 881 1006 root-coop@hotmail.com

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Dear Members, Welcome! This week, we have lettuce, white Asian turnips, baby bok choy, nappa cabbage, and komatsuna. The turnip bulbs are really good raw – a kid’s favorite. The leaves are very tender to cook, with a mild flavor. The cabbage is wonderful in salads or lightly sauted. Komatsuna is a green that we are trialing this season, and works well chopped up in salads or lightly steamed or stir-fried.

**Wed/Thurs pickup:** come Wed AFTER 12 NOON until 6 PM or Thurs 10 AM to 3 PM\*

Do NOT come on Fri or Sat - those days are for the Fri/Sat pickup members

**Fri/Sat pickup:** come Fri AFTER 12 NOON until 6 PM or Saturday 10 AM to 6 PM\*

**Picking up your share:** please check off on the member list. There is another checkoff list for Fruit Shares- very important that you check your name off there too, if you purchased a fruit share. FRUIT SHARES are a separate purchase, only for those who have paid for one. You can still purchase a fruit share for the season.

**U-Pick items: Pick limits for greens & chard is ten leaves of any one kind. ( this is per weekly visit, share partners every other week) You can pick ten leaves of as many kinds as you want.** Basic rule is don’t pick anything without a “U-Pick” sign (except in the herb garden in front of the store) Ready now: Kales, Collards, and Chard. **When you pick, please use scissors to cut off the leaves, as pulling on the plant damages the root system. NEVER cut the whole plant – just the outside leaves. These plants continue to grow from the center so we can keep picking all summer. Never let children carry scissors – please take one pair for your group and let them handle them after you get to the u-pick area.**

**Kids garden:** There is a small amount of lettuce ready. Other items to follow.

**The herb garden:** many things to pick there! Herbs are super nutritious, (and very expensive in the store) so make sure you incorporate them into your meals. A salad is so great with some herbs cut in small pieces in it – you really don’t need anything else but lettuce to go with them! Try the Anise Hyssop, Chives, Sorrel, and the Mints. Add some edible flowers – chive blossoms (pull the little lavender flowers out of the main flower ball- they are delicious!), nasturtium leaves and flowers and the little purple pansies. I love herbs in my toasted cheese sandwiches (chive blossoms and tiny little thyme leaves), scrambled eggs, cottage cheese, plain yogurt, to name a few.

**Just a few cautions** (these were reviewed in the first newsletter you were sent) – watch your kids, NO CHILDREN OUT THE BACK DOOR OF THE STORE WITHOUT A PARENT, do not leave valuables in an un-locked vehicle, no dogs (leashed or not) in the growing areas (this is a health issue) – you can walk them around the perimeter driveways.

**Driveways:** kids get excited running out to see the chickens and get to the gazebo. Our driveways carry vehicles! So teach kids to not run across a driveway. Please walk with your children.

Please take time to walk the farm (did you know you can access the Burke-Gilman trail at the rear of the property?) and enjoy seeing how the planting plans develop, and the changes you will see from week to week. And then there is the sky and the air, and the quiet (unless Jeff is roaring around on the tractor).....

Claire